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B.C. to play Massachusetts in new Efron flick

FILM Zac Efron is coming to Vancouver.

The production of a movie set in Massachusetts starring the teen heartthrob has been moved here due to the advantageous exchange rate and lower costs, according to the Marblehead Reporter.

The Death and Life of Charlie St. Cloud, which is based on a novel by Ben Sherwood, is actually set in a Marblehead cemetery.

The movie explores the relationship between two brothers, one of whom is dead.

GETTY IMAGES

Zac Efron is the star of Disney's High School Musical and 17 Again. METRO NEWS SERVICES

Canada pg 3

Architect Erickson dies

SunnySide

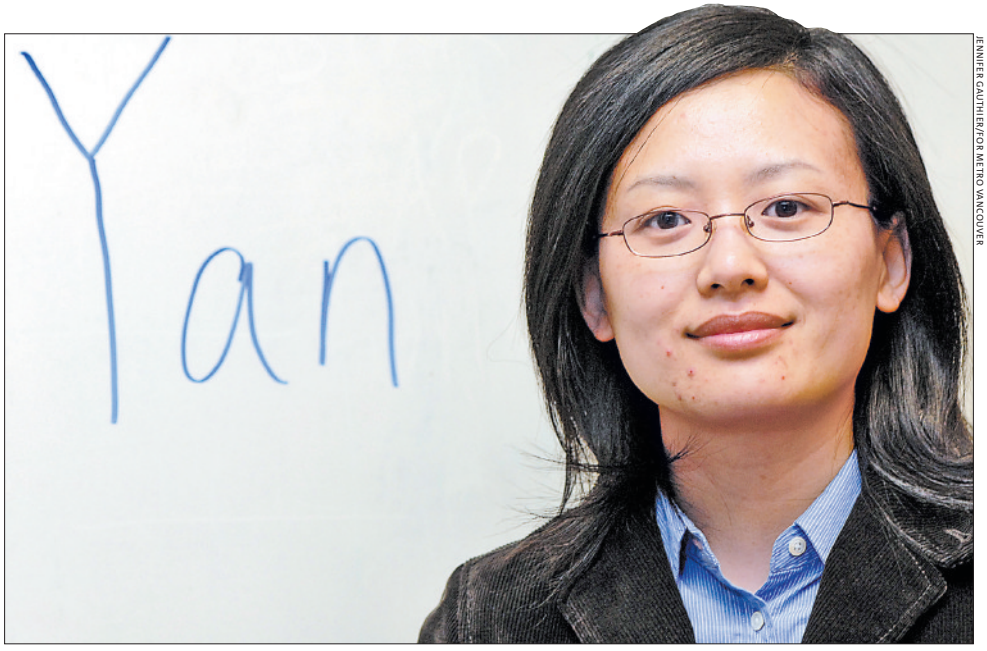
Follow Metro's SunnySide initiative as we help you find the good news around Vancouver and Canada. This is also a Call to Action for you to send us your suggestions at vancouverletters@metronews.ca, metronews.ca or on Twitter @metrovancouver.

On metronews.ca

- **Share your SunnySide thoughts on Twitter using #sunnyside**
- **See what other Metro readers are doing and saying about SunnySide**
- **Enter for a chance to win a Sony Blu-ray player**

Today

- **Neighbourhood adopts Two-Block Diet, pg 2**
- **Andrea Woo on relationships, pg 4**
- **Inflation at 14-yr. low, pg 5**



JENNIFER GAUTHIER/FOR METRO VANCOUVER

Yan Liu at SUCCESS in New Westminster yesterday where she is getting help finding work. Liu said she is surprised to hear that people with English names have an advantage in their job search, according to a new University of B.C. study.

English names a boon for job hunters: Study

UBC finds applicants have 40% better chance of an interview

MINÉ SALKIN
for Metro Vancouver

Job hunters with English names have a 40 per cent greater chance of landing an interview compared to people with Chinese, Indian or Pakistani names, according to a University of British Columbia study released yesterday.

Six thousand mock resumés were drafted and sent to online job postings in the Toronto area, across 20 occupational categories.

The study found that English names — like John Smith — had a much higher rate of callbacks than non-English names, despite identical resumés.

The findings surprised Yan Liu, who has been looking for a job since February.

"Employers probably get hundreds of resumés," she said. "Maybe they look at them for 10 seconds and only read the name, not their work experience."

Liu graduated from Concordia University with a degree in information technology. She has been living in Vancouver since November of 2008.

She completed a job hunting program last week through SUCCESS, an organization connecting Chinese immigrants to employers.

"At my university in China, my professor gave me the name "Maggie," but I don't use it anymore," she said. "I think my Chinese name 'Yan' is easy for most people to pronounce."

The UBC study seems to offer an explanation as to why skilled immigrants fare poorly in the Canadian labour market.

"The findings suggest that a distinct foreign-sounding name may be a significant disadvantage on the job market — even if you are a second- or third-generation citizen," according to the study's author, economics professor Philip Oreopoulos.

Michael Lam, director of employment services at SUCCESS, said many immigrants are encouraged to use an English name.

"It makes it much easier for employers if they can pronounce an applicant's name," Lam said.

Canadian job

- Another key finding is that employers appear to prefer Canadian work experience over Canadian education. For resumés with foreign names and education, callbacks nearly doubled with the addition of just one previous job in Canada.

ShareYourViews

vancouverletters@metronews.ca

Ex-Miss B.C. 'very brave', says lawyer

LAWSUIT The lawyer for the former Miss B.C. who launched a class-action lawsuit against a top Hollywood talent agency said his client is making "a huge sacrifice" by going public.

"She's very fragile," Perry Wander said yesterday of Claire Robinson, who is claiming she was raped by a talent agent at International Creative Management (ICM). "Claire is very brave for coming forward publicly."

Robinson

The lawsuit, filed in Los Angeles County Superior Court, claims Robinson and others were taken to fake auditions and subjected to unwanted sexual advances.

Michelle Suess, spokeswoman for ICM, issued a statement about the claims.

"Ms. Robinson's allegations are completely baseless. ICM denies any and all wrongdoing and will vigorously defend this action," the statement said.

Agency

- ICM represents Chris Rock, Beyoncé Knowles and various other top actors and musicians.

Wander said his 23-year-old, Vancouver-born client has suffered a nervous breakdown.

He said the lawsuit seeks 10 per cent of ICM's gross annual earnings, or $10 million in punitive damages. That could triple, if Wander is successful in designating ICM under the Racketeer Influenced and Corrupt Organization Act, also known as RICO — the same act used to prosecute the Mafia. MINÉ SALKIN/FOR METRO VANCOUVER

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Free Daily News Group Inc., operating as Metro Vancouver Newspapers 1190 Homer Street, Suite 250, Vancouver, B.C. V6B 2X6. Publisher: Maryse Lalonde

Man pitching medical marijuana venture on CBC

A Victoria man is pitching his legal, mail-order medical marijuana business to investors on the CBC reality show Dragon's Den. Ian Layfield meets the dragons — as the investors are called — this week for an episode that will air in the fall season. **CBC NEWS ONLINE**

Local

Fourth Twilight film a go

Actor Robert Pattinson, left, who will return to Vancouver this fall to shoot the third Twilight movie, Eclipse, confirmed there will be a fourth film in the vampire franchise. The 23-year-old said he is committed to the project, which will be based on the book Breaking Dawn by Stephenie Meyer. REUTERS

Fleeing criminals targeted

Conservatives unveil proposed changes to Criminal Code

JEFF HODSON
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Criminals who flee to other provinces to avoid prosecution will face additional jail time, the federal government announced yesterday as one of several proposed amendments to the Criminal Code designed to streamline the justice system.

Skipping town could add six months to two years to a sentence, Foreign Affairs Minister Stockwell Day said at police headquarters in Vancouver.

The amendments, introduced in the House of Commons yesterday, would also allow the fingerprinting and photographing of people suspected of committing serious offences before they are charged.

Other initiatives proposed include:

- Greater access to telephone warrants.
- More time for lawyers to respond to surprise witnesses.
- Updated rules for agents in criminal proceedings.
- Expanding the list of permitted prize-fighting sports to include those that use feet, like mixed martial arts.

JEFF HODSON/METRO VANCOUVER

Foreign Affairs Minister Stockwell Day speaks to reporters yesterday at police headquarters in Vancouver.

Chief Const. Jim Chu said the long-standing issue of non-returnable warrants will have the greatest impact in Vancouver because criminals tend to migrate to the West Coast.

Details, including who gets stuck with the bill and which jurisdiction is responsible for physically transporting the criminals, have yet to be worked out, Day said.

A 2006 VPD report found that Vancouver officers stopped 50 people who were wanted for crimes in other jurisdictions on a daily basis.

In early 2008, Vancouver police began a "Con Air" program to fly people with outstanding warrants home.

Day said the new legislation goes further than Con Air because it brings someone home to face justice and tacks on extra jail time.

KRISTEN THOMPSON/METRO VANCOUVER

Julia Hilton in the garden of her Mount Pleasant home. Hilton co-founded the group Two Block Diet, which is made up of neighbours who share the cost, work and fruits of their labour as they grow produce in their yards.

News in brief

TICKETS The second round of Olympic tickets go on sale June 6, with 150,000 — including those for the opening and closing ceremonies — up for grabs.

SPEEDING Police issued 478 speeding tickets across B.C. during the May long weekend, RCMP announced yesterday. That's 34 more than the previous year.

SURRENDER Alleged UN Gang associate Dilun Heng turned himself into police yesterday.
METRO VANCOUVER

metronews.ca
What's online today.

Video Accused murderer in Tori Stafford case draws a crowd outside court at metronews.ca/canada

Blogs Kenya Hunt tips readers off to a "spectacular" interview with French Vogue editor Carine Roitfeld

Lotteries

Lotto 6/49: 4, 22, 26, 29, 39 & 48. Bonus 31.
These results are not official.

James to stay on as NDP leader

JEFF HODSON
jeff.hodson@metronews.ca

Carole James will not step down and hopes to lead her party to victory in 2013, the provincial New Democrat leader said yesterday.

Under her watch, the NDP increased its seat count to 36 in May's election, up from the 33 in 2005 and well up from the mere two seats the party held when she became its leader in 2003.

"I looked at all sides of the issue," James said. "I looked at what would be best for our party, and most importantly, what would be best for British Columbia.

"The passion I have for building a pragmatic vision, the passion I have for getting past partisan politics is just the kind of work that needs to occur right now in the province."

James said the election was disappointing and hard fought. There were lessons to be learned too, she added, including the fact that none of the parties captured the "hearts and minds" of voters.

New Democrats, she said, will now work to put together a clear economic message and vision for the province, which includes a strong environmental and social support platform.

"We need to do that within a moderate economic platform that will really show British Columbians that there is a positive alternative in this province, and that's the work that we need to improve on from the campaign."

Police confirm murder

KRISTEN THOMPSON
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Police have confirmed that a woman found dead in West Vancouver's Lighthouse Park was murdered.

The identity of the victim — a Caucasian woman in her early 40s — will be released after her family has been notified. Police haven't revealed how she died.

"Investigators still remain at the scene conducting a thorough forensic investigation," Cpl. Fred Harding said yesterday.

"It is still unclear if this homicide was a random act of violence or not."

The woman's body was discovered near Juniper Point around 3 a.m. on Tuesday. Investigators said she might have been living there.

Tamils plan vigil for victims

CIVILIANS Vancouver-area Tamils are organizing a candlelight vigil to bring attention to the Tamil civilians who they say were "massacred" during an offensive against the Tamil Tigers in what was supposed to be a Sri Lankan safe zone.

The vigil takes place this Friday at the Vancouver Art Gallery.

KELSEA BLOXAM/
FOR METRO VANCOUVER

Neighbours come together to grow their own food

Sunny Side

KRISTEN THOMPSON
kristen.thompson@metronews.ca

GARDEN What started as a tiny seed of an idea — a backyard veggie garden — has bloomed into a neighbourhood project that's feeding families on Julia Hilton's quiet Mount Pleasant street.

Hilton, a stay-at-home mom, started her garden with a neighbour as a way to save money and eat well.

"We decided there must be other people in the neighbourhood who had the same sort of (interest)," said Hilton.

"We designed a flyer and called ourselves the Two Block Diet."

Since then, nearly 10 households have signed on, with members sharing the labour, cost of seeds and tools and the produce.

On Saturday, Hilton will be sharing her story at The Great Turning — a gathering of community leaders discussing ways people can address climate change and social justice.

"Anyone can do this, even if you've killed every plant you've had," she said. "We're not experts. We just decided it was a priority."

Hilton said the health of the community has improved, with people eating better, spending time outside and getting to know one another.

She added that the financial savings are also huge.

"A package of seeds for $2 will provide you salad for the whole season. You couldn't buy a bag of salad for that."

For more information about The Great Turning visit bethechangeearthalliance.org.

Tomorrow's Metro

- George Meyman with the Sierra Club — who will be speaking at The Great Turning — discusses equitable approaches to carbon policy and pricing in B.C.

Mars may once have been wet

Mars, right, may have once been both cold and wet, researchers said yesterday, suggesting a freezing Martian landscape could still have produced water needed to sustain life. REUTERS

Canada/World

Search on for body

Man, woman charged in case of missing girl

While a murder charge was being levelled in her hometown, the search for Tori Stafford's remains moved yesterday to an area north of Guelph, Ont.

"The most important mission we have yet to accomplish is to reunite Victoria with her loved ones," Oxford Community Police Service Chief Ron Fraser told an afternoon news conference in Woodstock.

Ontario Provincial Police would offer no comment on the search or what information led officers to this picturesque rural area 80 kilometres from the spot where Stafford was abducted.

To aid in that search, the OPP brought in a helicopter, which spent yesterday scanning a sparsely populated swath covering hundreds of square kilometres around Rockwood, Eramosa and Fergus.

RICK MADONIK/TORSTAR NEWS SERVICE

Michael Thomas C.S. Rafferty, 28, one of two people charged in the disappearance of eight-year-old Victoria Stafford, is led away from the Woodstock, Ont., courthouse yesterday.

"We are still looking for evidence that will bring us to the final resting place of Tori," OPP Det.-Insp. Bill Renton said.

Tuesday night, Michael Thomas C.S. Rafferty, 28, and Terri-Lynne McClintic, 18, of Woodstock, were arrested. They appeared at the courthouse in handcuffs yesterday. Rafferty was charged with first-degree murder and abduction. McClintic was charged with abduction and accessory after the fact. TORSTAR NEWS SERVICE

Priests abused children in Ireland, says report

Priests beat and raped children during decades of abuse in Catholic-run institutions in Ireland, a report said yesterday.

The Commission to Inquire into Child Abuse, established by the government in 2000, blasted successive generations of priests, nuns and brothers for beating, starving and, in some cases, raping children in Ireland's network of industrial and reformatory schools between the 1930s and 1990s.

"A climate of fear, created by pervasive, excessive and arbitrary punishment, permeated most of the institutions and all those run for boys," the report said.

"Children lived with the daily terror of not knowing where their next beating was coming from."
Excerpt from Irish commission's report

"Children lived with the daily terror of not knowing where the next beating was coming from."

The five-volume report, published after a nine-year investigation into institutions now closed down, also slammed the Irish Department of Education for its deferential attitude to the religious orders and its failure to stop the abuse.

The commission interviewed 1,090 men and women who were housed in 216 institutions, including children's homes, hospitals and schools. REUTERS

Attacks threatening girls' education

AFGHANISTAN After years of progress, girls' education in Afghanistan has been set back by recent attacks on schools that have frightened parents into keeping their daughters at home, a UN official said yesterday.

Daniel Toole, South Asia director for UNICEF, said families are becoming fearful about educating their daughters as the Taliban insurgency gathers strength.

"What we are starting to see is that families are indeed afraid to send their girls to school," he said, little more than a week after two gas attacks at schools north of Kabul put nearly 150 students in hospital.

Girls education was probably worse now than a year ago, Toole said, reversing a trend of improvements over the last few years.

"In general, the situation is so much better than three or four years ago, that we have to recognize that," he said, adding that around 1.7 million girls were enrolled at school. REUTERS

Need for learning

- At present, only 18 per cent of Afghan women can read and write, putting even basic tasks like shopping out of the reach of some because they cannot tell banknotes apart.

News in brief

OLYMPICS Organizers of the 2010 Winter Olympics in Vancouver are taking the mellow approach to suggestions that their planned Olympic torch looks like a marijuana cigarette. "We're not worried about it at all," Dave Cobb, the executive vice-president of the Vancouver Organizing Committee (VANOC) told reportersyesterday, in response to a newspaper article that dubbed the torch "The Olympic Toke." REUTERS

Vancouver-born architect dies

DEATH Arthur Erickson, the Vancouver-born architect whose work can be seen around the world, died yesterday afternoon. He was 84.

Erickson first earned international acclaim for his award-winning design for Simon Fraser University. From there, he went on to design structures that were innovative and ground-breaking, becoming famous for his use of glass and concrete.

His best-known works include Roy Thomson Hall in Toronto, the Canadian Embassy in Washington, D.C., the California Plaza in Los Angeles.

Among his numerous awards, Erickson won the Royal Architectural Institute of Canada Gold Medal, and the American Institute of Architects Gold Medal and many honorary doctorates. METRO NEWS SERVICES

News in brief

FLU Mexico City's mayor wants to deploy pop stars Bono and Shakira, as well as Bill Gates, to help put the Mexican capital back on the map as a tourist destination after the outbreak of influenza A (H1N1), also known as swine flu, scared away visitors.

PLOT Four men were arrested yesterday in a suspected plot to bomb a synagogue and Jewish community centre in New York and to shoot at military planes with stinger missiles, U.S. federal law-enforcement officials said. REUTERS

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Comment

Savour the little things

Relating

Andrea Woo

metronews.ca/woo

On the web

- For more views on relating, go to Love Bytes at metronews.ca/blogs

SunnySide

May long weekend on Vancouver's English Bay Beach: The temperature has finally clawed its way into the 20s and the booming bass from a passing party boat is travelling across the water toward the shore, where Vancouverites have crawled cautiously out of their home and office confines to soak up the long-anticipated sun.

Watching couples intertwined on the grass or weave through the crowd on tandem bikes, it is easy to forget about the recession, job uncertainty and all the other doom and gloom that has so effectively crippled our spirits for months.

And, really, that's how it should be.

While it may feel reflexive to want to punch a hole through the face of anyone who tells you to cheer up during these tough times, it's also true stressing over things beyond your control does no good for anyone.

This is not to trivialize the very real hardships many are currently facing. Layoffs, foreclosures, growing debt — these are not things easily surmounted with a cup of gelato on a sunny day.

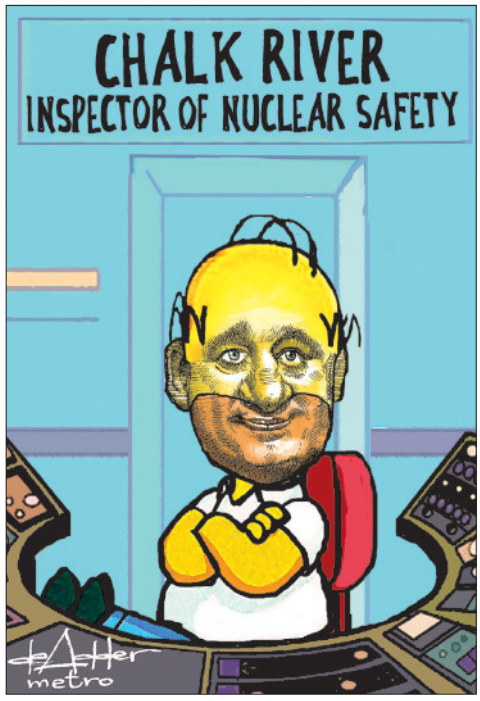
But once a person has done all they can to move forth, continuing to stew only diminishes the quality of his or her life. It overshadows and saps the joy from the positives there are, it affects relationships — with friends, family and lovers — and can create a debilitating cycle of self-sabotage.

The key, according to psychologists, is a process called savouring: Being deliberately mindful of what you're doing at the present moment, no matter how trivial it may seem, and luxuriating in it. Not only does this have a powerful effect on one's outlook and attitude, they say, but on interpersonal relationships as well.

So in the face of troubled times, make a conscious effort to focus on the things that do bring happiness, on a micro level: The taste of a cold beer on a hot day; the warmth of a lover's embrace; the simmering excitement of a city on the brink of summer.

Happiness, after all, is the journey.

Andrea Woo is a Vancouver-based news and entertainment reporter. She won this column in a carnival dart game.



MICHAEL DE ADDER

Views

Real Canadians show active side

Kelly D. Murumets

You don't have to reinvent yourself to live a healthier, more active life. You just have to find ways to move more!

As the national voice of physical activity and sport participation, ParticipACTION is proud to celebrate the real-life stories of five Canadians who have added more movement into their lives.

As Phase 2 of our "Get Inspired. Get Moving" campaign, we have created five television ads featuring their personal stories to inspire all Canadians to follow in their footsteps.

The ads tell powerful, personal stories about individuals overcoming barriers to achieve a healthier, more active future for themselves and their families. They feature Alison Alleyne (Surrey, B.C.), Diane Lawes (Edmonton), Joania Burnett (Ottawa), Richard Marier (Laval, Que.), and Stephane Martel (Roverval, Que.).

To find these everyday heroes, we called on all Canadians to share how they are moving more so they could inspire others to do the same. In November 2008, we launched television commercials featuring Canadian icons Donovan Bailey, Farley Flex, Rick Hansen and Mary Walsh to encourage people to post stories about getting active on our online Wall of Inspiration.

We worked with the Canadian Fitness and Lifestyle Research Institute to understand the common hurdles people face in their busy lives and select stories about getting active that will resonate with people on a personal level.

Out of more than 1,000 submissions from across the country, we chose three English and two French people to be featured in separate 30-second commercials. We worked with our advertising agency to record the five stories in the individuals' own voices and bring them to life through illustration and animation. The animation gives a whimsical feel to the campaign and highlights that physical activity can be meaningful and fun.

Our campaign shows that everyone is capable of being a hero in his or her own story — whether it's through getting active with their kids, overcoming obstacles or simply looking at things in a new light.

Thank you to all the Canadians who shared their stories on our Wall of Inspiration.

We received stories from across the country and we hope to receive more — Phase 3 of the campaign will feature more selections, slated to air later this year.

This is truly a grassroots initiative to celebrate individuals who are living a healthier, more active lifestyle. Get inspired and get moving, Canada!

Kelly Murumets is president and CEO of ParticipACTION, the national voice of physical activity and sport participation in Canada.

Letters

Canada's social safety net appreciated in tough times

SunnySide

Re: SunnySide initiative

Having lived in several countries across Asia, Europe and North America, I find Canada as one of the best countries with great social systems.

Programs such as environmental conservation, recycling and planned usage of its vast natural resources are ahead of many other developed countries.

It's amazing to find so many social services free of charge here in Canada, given that we come from countries where we had to pay for everything, which is usually expensive.

With a background in business, I'm setting up my first business here. What amazes me is how handy the information is and how many organizations are helping start-up entrepreneurs.

People say America is the land of opportunity, but having lived there for four years, I know how hard it is when people move there and struggle to make it.

I constantly feel grateful to be in Canada's well-designed social system. The government has done a good job putting everything in place for its people, and that becomes so important during tough times like today.

KEDIY ZHANG, TORONTO

Archaic media coverage laughable

Re: Sun King of subterfuge

I cannot believe Lawrence Martin would blame "an archaic system of coverage" for the lack of media coverage regarding the government's executive branch.

Making a comparison between where Canada and the U.S. house the media is just plain silly. It seems to me that the Canadian media is afraid to speak the truth when it comes to Stephen Harper and his Conservative government.

Good, truthful journalism should reach the people regardless of where the media sits.

ANNA-LEE POTVIN, TORONTO

Tell us your views by email to vancouverletters@metronews.ca or comment on metronews.ca or on Twitter @vancouvermetro

Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

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GM Canada gives dealerships notice of cuts
General Motors of Canada informed its dealerships yesterday of which ones it will close as part of a plan to slash its dealer network by nearly half, one of the steps necessary to qualify for long-term government aid. GM has about 700 dealerships and retailers across Canada. REUTERS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Savings rates may double, report says

The trend toward saving more and shopping less could last for up to five years, as Canadians try to rebuild their personal savings amid languishing house and stock prices and painful memories of the recession, a new economic report suggests.

Calling it a "shift to thrift," the report, by TD Bank economist Diana Petramala, says consumer savings rates are already on the rise and could continue to climb as Canadians try to regain financial security.

Petramala predicts that savings rates could rise to between six and seven per cent — double the average of the preceding five years.

Low interest rates and soaring real-estate values meant consumers could spend with borrowed money and still feel rich. But the economic boom came to an abrupt end, as did the spending spree.

Savings rates began climbing last year, reaching a six-year high of 4.7 per cent by the end of 2008, up from an average of 2.9 per cent for the previous five-year period.

TORSTAR NEWS SERVICE

Inflation rate hits 14-year low of 0.4%

SunnySide

ECONOMY Canada's annual inflation rate in April dropped to a 14-year low of just 0.4 per cent, a move analysts said meant the Bank of Canada would be in no rush to raise record-low interest rates.

The rate dropped from 1.2 per cent in March on reduced energy prices, Statistics Canada said yesterday.

REUTERS

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Business in brief

MEDIA Canwest Global Communications has secured a $175-million financing lifeline as it fights to restructure its mounting debt load while contending with a sharp downturn in the advertising market.

CRAIGSLIST Seven people accused of publicizing a New York City prostitution ring over Craigslist have been indicted, adding to pressure on the online classified website to vet its advertisements.

CELLPHONES A recovery in cellphone demand will not happen until well into 2010, researcher Gartner said yesterday, while Reuters data showed the industry could suffer its worst quarter ever in April-June. REUTERS

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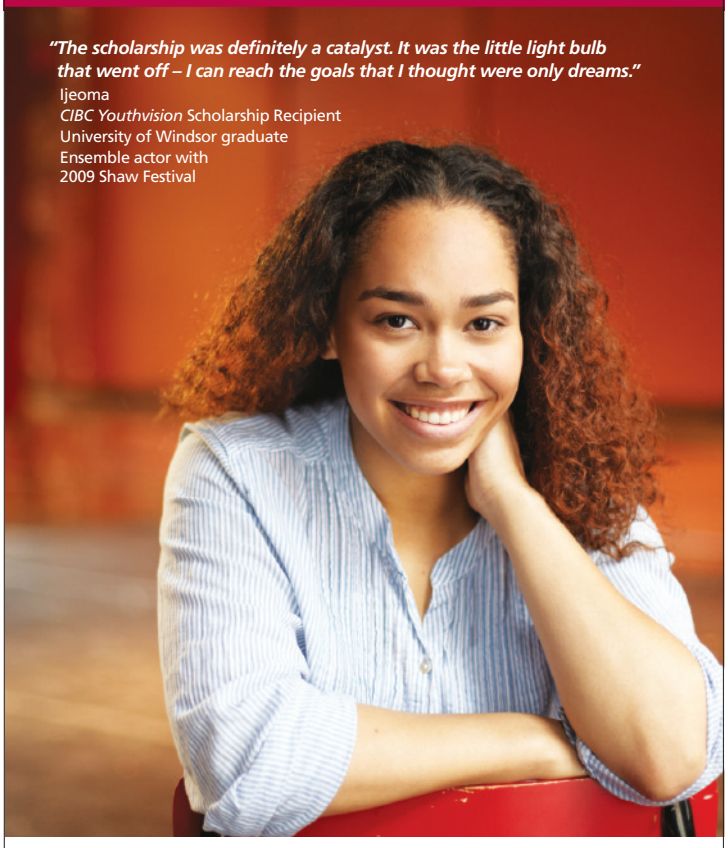
Ten years ago we set out to change lives and build futures.



"The scholarship was definitely a catalyst. It was the little light bulb that went off – I can reach the goals that I thought were only dreams."
Ijeoma
CIBC Youthvision Scholarship Recipient
University of Windsor graduate
Ensemble actor with
2009 Shaw Festival

Ten years ago, CIBC, in partnership with Big Brothers Big Sisters of Canada and the YMCA created the *CIBC Youthvision*™ Scholarship Program to address the academic and financial needs of students and to encourage them to pursue post-secondary education.

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CIBC Youthvision recipients are also paired with trusted, understanding mentors throughout the entire program, who provide support and guidance as they strive to reach their full potential. Recipients surveyed tell us that being awarded the scholarship opened up opportunities that otherwise would not have been available.

To date, we have invested $10 million in the dreams of 330 *CIBC Youthvision* Scholarship recipients and helped shape their futures in ways that they could have only imagined.

Beyond the *CIBC Youthvision* Scholarship Program, over the past five years, CIBC has invested more than $15 million to further strengthen post-secondary education in Canada.

For more information, visit www.cibc.com/youthvision

Congratulations to the recipients of the 2009 *CIBC Youthvision* Scholarship.

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Lions sign QB

The B.C. Lions announced yesterday that quarterback Travis Lulay has signed with the team. Lulay was most recently with the Seattle Seahawks in 2008. METRO NEWS SERVICES

Sports

SPORTS@METRONEWS.CA

Arizona bidder emerges for Coyotes

BANKRUPTCY There may be hope for the Phoenix Coyotes after all.

While Canadian billionaire Jim Balsillie and Jerry Moyes work on an official application to the league to purchase and move the bankrupt team, a local investor has emerged who apparently wants to keep the team in Glendale, Ariz.

John Breslow, one of the team's minority partners, is putting together an ownership group that plans to bid on the team, his lawyer, Scott Cohen, told the Toronto Star.

Few want to talk about the new bid, the third to emerge in the last month.

"Mr. Breslow is not commenting at this time," Cohen said.

TORSTAR NEWS SERVICE

Vick released from prison

NFL Disgraced former National Football League star Michael Vick was released from prison yesterday after serving a 23-month sentence for dogfighting, a federal prison spokeswoman said.

Vick was to travel to his home in Hampton, Va., where he would begin a period of supervised home confinement, according to media reports.

METRO NEWS SERVICES

Sports in brief

SOCCER The Vancouver Whitecaps beat the Montreal Impact 2-0 last night to improve to 1-1 in the Nutrilite Voyageurs Cup. The loss drops the Impact to 0-2 in the tournament. Toronto FC currently sits in first with a record of 2-0.

OLYMPICS Canadians who lost out on the ticket lottery for the 2010 Winter Games earlier this year will have another opportunity to score some tickets next month. Anyone who wants tickets will have to log onto the organizing committee's website on June 6 and get into a "virtual lineup."

METRO NEWS SERVICES

AARON JOSEFCZYK/REUTERS

Orlando Magic centre Dwight Howard scores on an alleyoop pass against the Cleveland Cavaliers last night.

Cavs fall to Magic

NBA RESULTS

Orlando 107 Cleveland 106

It was a tale of two halves in the opener of the Eastern Conference finals, as Rashard Lewis' three-pointer with 14.7 seconds left capped Orlando's comeback effort, handing the Cleveland Cavaliers a 107-106 defeat, their first of the post-season.

Mo Williams drilled a 70-foot heave to give the Cavs a healthy 63-48 halftime lead, but Orlando won the third frame 30-19 to swing the game's momentum.

Lewis ended with 22 points, while Hedo Turkoglu added 15 and 14 assists. Dwight Howard contributed 30 points and 13 rebounds before fouling out late for Orlando, which is appearing in its first East finals since 1996

LeBron James' career playoff high 49 points on 20-of-30 shooting wasn't enough for Cleveland, which had convincingly swept Detroit and Atlanta in the first two rounds, all eight games being double-digit decisions.

Williams ended with 17 points and Delonte West had 11 and six assists, but both missed game-winning attempts in the waning seconds, giving Cleveland its third loss at Quicken Loans Arena in 46 games this season.

METRO NEWS SERVICES

Looking for work?
Metropolis at Metrotown is hosting the 2nd Annual Career Fair Saturday from 9:30 a.m. to 9 p.m. The fair is geared toward youth aged 15-30, and is meant to help them find meaningful summer employment. **SERVICE CANADA**

Summer Jobs

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Competition for jobs fierce

KELSEA BLOXAM
for Metro Vancouver

With the unemployment rate at a seven-year high, students and seasonal workers are having a hard time landing a summer job.

Melanie Hardy, a manager at the YWCA Career Zone in Vancouver, said career counsellors are having to "hunt" for job postings.

At a recent job fair, the career centre was able to recruit 15 employers compared to 30 at the same fair last year. She said sending out resumés via Internet is the most competitive process.

"Only 20 per cent of jobs are posted publicly. Eighty per cent are found on the hidden job market, Hardy said. "Applicants need to get out there and use their networking."

With fewer jobs, comes greater competition. At the Cactus Club Café, which has a "we're always hiring" slogan, director of marketing Christy Wilson said all applicants are considered, but managers are having a harder time with the increase. "Our location on Ash and Broadway has seen about a 20 per cent increase compared to last year," said Wilson.

Curve Communications, which employees roughly 45,000 seasonal workers for events like the PNE, has also seen an increase in applicants, according to media specialist Laura Balance.

"We have just started our main push and have [only] 15,000 positions to fill. We are seeing an increase in the amount of young people looking for work," said Balance.

Dress to impress

ANDREA WOO
for Metro Vancouver

Andrew d'Eca remembers clearly the worst-dressed interviewee to ever set foot in his office.

"She came in looking like she was going to the beach," said d'Eca, general manager of Angus One Professional Recruitment in Vancouver. "She was wearing the shortest of shorts, flip-flops and a T-shirt that had a hole in it. And she wanted to work in a law firm."

Not surprisingly, she didn't get the job.

Dressing well in a business setting — whether in the office or at a job interview — can speak volumes about a person's character, says d'Eca.

"When you dress professionally, it allows people to visually see that you're serious, you're capable, you're successful, you're professional and you know what it takes," he said.

Navy Chino suit — two-button blazer, $310; Chino pants, $160; and gingham shirt, $95 — all available at Banana Republic (bananarepublic.ca).

For men, d'Eca recommends a suit — every man should own at least one expensive one, he says — a crisp, clean, shirt, a tie and well-polished shoes.

"The most common mistake that guys make is they'll invest in a suit, invest in a nice tie and wear the world's lousiest shoes, or they don't shine their shoes, or they have shoes that are so beat up they're all you look at," he said.

For women, he recommends a conservative business suit and professional makeup. During the summer, business-like summer dresses, business-like twin sweater sets, and blouses with skirts or pants are also appropriate. Open-toe business shoes are fine, he says, but no flip-flops or casual shoes.

Animal print sleeveless blouse, $30, and belted linen pants, $30, available at Reitmans (reitmans.ca)

Matthew Williamson for H&M skirt, above, $69.90 at H&M (hm.ca), and designer pinstripe dress shirts, left, $59.99 at Winners (winners.ca).

Both men and women should have well-coifed hair, clean fingernails and minimal jewelry and fragrances.

For job interviews, d'Eca noted it is always better to over-dress than under-dress, as "first impressions are lasting impressions."

Karen Richter, showroom manager for H&M Canada, notes that once a person has landed a job — depending on what it is — he or she can usually relax a bit for everyday wear.

"If you work in a creative or artistic field, you can often get away with much more outgoing statement pieces," she said. "Some offices are more strict with dress code and have policies that must be adhered to.

"The most important 'don't,' though, for all offices, is anything that is too tight or revealing."

Go into business for yourself this summer: Entrepreneurs

SAM SMITH
for Metro Vancouver

With Canada in the middle of an economic recession, layoffs and firings becoming more and more common and job-hunting getting increasingly difficult, there is another option to keeping your head above water this summer: Starting your own business.

Summer time is rife with people in need of landscaping, painting and window-washing.

But that doesn't mean new ideas aren't welcome.

Starting a business isn't easy. It requires hard work, a good idea and for you to be passionate in the area you want to go into, according to Colleen Belli, who is recently self-employed

"This is the time when entrepreneurs can go at it," said Belli, a former construction worker who sells handmade carrying bags through her business, The Fluttering Hand.

"I've always been very crafty, and I think I hit the market at the right time and with a lot of luck," said Belli, whose bags are sold at Home Grow-In Organics. "It's hard work."

Amin Toufani, who recently started his own website promoting events around the city, ComingUp.in/Vancouver, agrees.

"There's a lot of work," Toufani said. "This is because you're building a foundation that hopefully will open new opportunities." Toufani said in starting his own business, success has come from creating a happy environment.

"I believe in seeing a person, finding their passion, because everybody has to be happy with what they're doing," Toufani said.

"Don't give up," Belli said. "Some people can be hard on you — just stay true to your artistic mode."

"There is no bigger gratitude than to create something that is beautiful," Toufani said. "If you do it right, creation and building opportunities for yourself and others, it will just expand on itself."

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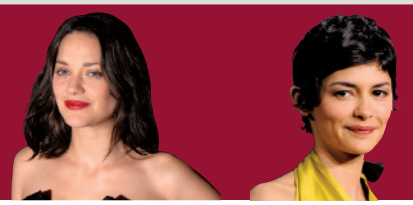
One Night gift bag

Sunnybrook Foundation has revealed the list of items that will pack this year's One Night Live Gift Bag. It will include beauty products, children's home entertainment products, a limited edition print from an renowned Canadian artist and more. METRO NEWS SERVICES

Style



A fashion mini-film faceoff

French actresses Marion Cotillard, far left, and Audrey Tautou, left, are facing off in short films for two iconic Parisian brands. Marion Cotillard stars in a short film for Christian Dior called Lady Noire Affair. She wears a John Galliano-designed wardrobe in the long commercial which promotes the brand's Lady Dior bag. Meanwhile, Tautou stars in a Jean-Pierre Jeunet-directed clip for Chanel No. 5. KENYA HUNT/METRO WORLD NEWS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Fantasy-worthy locks

Spring/summer 'dos call for big, cascading curls or cropped edgy manes

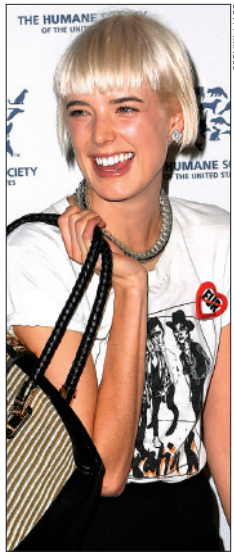
JENNIFER YANG
for Metro Canada

If hair is truly "the richest ornament of women," as revolutionary theologian Martin Luther once said, then this spring and summer, expect the ladies to look positively festooned.

With those spring showers, tulips won't be the only things in bloom as women start planting pretty things in their tresses too. It seems hair accessories are suddenly in season again, says L'Oreal hair guru Eric Del Monaco, a beauty expert on Project Runway Canada.

"There's some beautiful stuff," Del Monaco says. "Really nice jewel pieces, ceramic pieces. It's all about creating your own fantasy."

Del Monaco is also the official hair artist for Toronto Fashion Week and started using accessories in October for the spring 2009 collections. His favourites are the chic feather accents he's seen, worn flat and sleek against the scalp.



GETTY IMAGES

Spring and summer hair looks are full of fun and fantasy. Two trends experts are suggesting include the big, curly cascading brunette mane (see actress Scarlett Johansson, left) and the short croppy blond bob (see model Agyness Deyn, right).

But for those who can't wrap their heads around all the beads and plumage, spring and summer hair is still full of fun and fantasy, Del Monaco says, with manes going big, curly and cascading.

"That hair straightener is going out the window," Del Monaco says. "For the daytime, it's just big, huge, loose curls that can be made anyway… sort of '60s, big, flippy hair."

As for those sticky summer evenings, keep the curls in tact but slick them back with a dollop of gel, Del Monaco says.

Nighttime looks are more elegant and constructed, similar to Kate Winslet's glam 'do from this year's Oscars.

"Leave the house in the morning with some big curls and at night, before leaving the office, you can just put in some gel, put it up in a bun and off you go," Del Monaco explains. "For hot summer nights that look's really hot, especially if you have a hot tan."

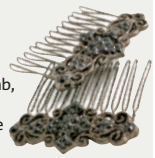
As for colour, Del Monaco says the shade this season is brunette, with lots of "tortoise-shell" and "cinnamon-kissed" browns.

But for Melissa Baca, owner of Toronto salon Madfactory, she says many of her clients are swinging to the other hair extreme and requesting the Agyness Deyn: cropped, catwalk-edgy and white blond.

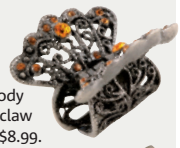
"It's a short, choppy kind of bob… croppy in the back and longish to the front," Baca explains. "A lot of blond and more of that sort of peroxide-y blond."

chic accents

Hair accessories are in season, try some of these fun accents:



• Goody Cecillia side comb, $6.49. Available at most mass drug stores.



• Goody Lydia claw clips, $8.99.

• Goody Lenora salon clips, $5.49.

YSL cage silver shoe, $1,295, Holt Renfrew. (More affordable versions of the cage shoe are available at Aldo and Browns).

Cage match over racy shoes

TREND There is a rage over cage shoes this season.

It ignited at the spring/summer 2009 Yves Saint Laurent collection shown in Paris last October. Designer Stefano Pilati sent his models down the runway, their feet encased in a shoe featuring thin strips of leather that form a grid-like pattern and perched on a metal cage-inspired heel.

In essence, this short bootie looked like a cage imprisoning the model's foot.

It has since set the fashion world and the blogosphere all a-twitter.

Naturally, when you put the words cage and women together you're bound to ignite a frenzy.

Type the words 'YSL cage shoe' into the Google search engine and about 60,000 results pop up.

This architectural shoe — so bare, it looks like scaffolding for the soles — is drawing extreme reactions, dividing footwear fanatics on the web into two camps: Those that loathe it, and those that can't wait to get their hands on it.

"People are tweeting and blogging about it. This shoe has become its own celebrity," says the Holt Renfrew's vice-president of fashion direction, Barbara Atkin.

Debate online ranges from comparing it to ancient Chinese foot binding to the fear that it might create waffle grid tan lines.

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Metro Homes

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Extend your living area into the backyard

LEYLA EMORY
for Metro Canada

HGTV PHOTO

You can enjoy the perfect patio from your own backyard.

Canada really only has two seasons: Skiing and patio. This year it's all about bringing the patio into the backyard.

"The major trend is outdoor lounging," says Kennedy McRae, one of the founders of the landscape design firm Earth Inc. and host of HGTV's Dirty Business.

"Everyone's buying long couches and corner sectionals. It's not just about a formal sitting area anymore. There's a table area and then there's the kick-back-and-hang-out area."

The idea is to move your inside outside for the three or so coveted months of warm weather. "It's about extending your living area," says McRae. "Your backyard is the biggest room you own — often the same size as your house. To not use it is crazy."

But the expense doesn't have to be.

"Do not spend the money on the flooring. Half the space is going to be taken up by furniture anyway," McRae says. "Do a pea gravel patio. It gives a little on all the legs of your furniture so there's no rocking. There's a really relaxed feeling to gravel. It's more down to earth and adds a little whimsy."

But if you want the structure of a deck, "get a contractor to come in and do the framing but then do the decking yourself," suggests Mag Ruffman, toolgirl of toolgirl.com. "All you're doing is nailing or screwing boards down and anybody can figure that out."

For a long-term investment, go with composite decking, suggests Frank Turco, at The Home Depot. "It's a huge trend," says Turco. "It's not inexpensive, but it's a maintenance-free product guaranteed for 25 to 30 years."

Come rain or shine make sure your home is the place to be

HouseLeague

Vancouver is lucky in that the spring often brings many gorgeous sunny and warm days. Remember though, it can also bring long periods of rain and cloud. So, how do you best show your home when the weather fluctuates as much as the recent real estate market? Here are some tips.

Many of the sunny spring days can be quite humid. In Vancouver central air conditioners with dehumidifiers are extremely rare, especially in condos. Keeping in mind that one of your goals is to keep the buyer in your home as long as possible to increase the likelihood of a sale, invest in a low-end dehumidifier to keep the home comfortable. Place fans in each room to circulate the air and help avoid any stale scents associated with humidity.

If you are facing north, you will tend to get more blue light then direct yellow sunlight. Try putting up off-white curtains to filter out some of the blue spectrum and get more of a warm yellow glow in your home. Use "daylight" full spectrum light bulbs and a lot of ambient lighting to create a warm and bright feel. Ensure that all dark corners are illuminated.

On the rainier days, ensure that your home is warm and cozy inside. Take advantage of the fact that most people will be indoors on days like this and show them that being in your home is just where they want to be. Light candles in the fireplace to give a warm cozy glow. Simmer some cinnamon on the stove to give the scent of fresh baking (much easier then actually baking a pie). Have soft music playing and fill a candle-lit tub adding a few flower petals to float around in it.

The outside of your home should be well manicured come rain or shine. Your gutters should be cleaned out from any winter foliage that has fallen so that the water is not spilling over the edges. Fresh shrubs and flowers should be planted around the gardens and the lawn should be well manicured. All outside lights should be functioning properly with new bulbs and the shades clean from dust and dirt.

The way in which you stage your home in spring will vary as much as the weather. Keep your home showing its best at all times to help ensure a sale.

Ryan DeLuca is a realtor with Sotheby's International Realty Canada, and host of The Real Estate Minute on Novus TV; rdeluca@sothebysrealty.ca.

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Be realistic, Baeumler says

ROBYN YOUNG
for Metro Canada

One of the most regrettable do-it-yourself renovation projects Bryan Baeumler has ever seen was a three-storey townhome with all of its load-bearing walls knocked out.

"It was pretty close to collapse," said the host of HGTV's Disaster DIY.

The woman who owned the early 1900s-built home had no idea what she was doing, he said.

So how can homeowners avoid disaster DIYs?

Common sense, says Baeumler who owns Baeumler Quality Construction in addition to hosting the popular reno show.

"Common sense is worth its weight in gold," he added. "It's a dying art."

And avoiding these common mistakes: Underestimating cost; overestimating your own skill level; and underestimating how long the project will take.

Before doing anything, Baeumler said, sit down and come up with a realistic budget, adding a 15 to 20 per cent contingency fund to keep in your back pocket in case of emergencies.

HGTV PHOTO

Bryan Baeumler, host of HGTV's Disaster DIY.

Do-it-yourselfers should also nail down a realistic schedule, taking into account children, jobs, friends, family and things like Christmas, Mother's Day, and so on.

And finally, don't get in over your head, he said.

"The three jobs I always tell people to hire someone in for are electrical, plumbing, and structural work," he said.

Jobs people can do themselves fairly easily include painting and things like putting in a new tile backsplash in the kitchen.

The key is to start slowly, he said.

"I've seen guys try and build additions and they can't put a nail in with a hammer," he said.

As for where to learn how to do a job right, Baeumler said there are plenty of books and website forums out there on how to renovate.

His own company's website, Baeumler.ca, has a forum for giving and getting tips, but be wary of the information that's offered on any site, he said. "There are a lot of 'anonymous experts' that aren't necessarily experts," he said.

In addition, big box stores have how-to seminars on different projects throughout the year, he said.

Last but not least, Baeumler said, know when to throw in the towel and call a professional.

If you're mentally anguished at the thought of continuing the project; if you're dreading continuing with it; if you're way over budget; if you have no idea which way to go; or if you're feeling overwhelmed, it's time to quit.

"If you're at that point, it's time to end the suffering and just call someone in," he said.

Permits offer protection: Experts

ANDREA WOO
for Metro Vancouver

Before undertaking a renovation, homeowners need to do their homework and go through the proper avenues, pulling permits and hiring reputable contractors. Otherwise, the repercussions could be costly and dangerous.

This is the warning from local home renovation experts following the forecast that roughly $7 billion will be spent on home renovation and improvement in B.C. this year, with about 65 per cent of that in the Lower Mainland.

Peter Simpson, CEO of the Greater Vancouver Home Builders' Association, says that homeowners can be lured into procuring the services of unlicensed, "underground" contractors for their lower prices — but they end up paying much more in the end.

"Home renovation is really hot these days, and unfortunately that creates opportunities for unscrupulous contractors to take advantage of the situation," he said.

Andy Stetski of the City of Vancouver says that obtaining the necessary permits and licences is one crucial step homeowners must take before proceeding with a project.

ISTOCK PHOTO

Getting the necessary permits is a crucial step before proceeding with a renovation, says Andy Stetski of the City of Vancouver.

"Best-case scenario, you might just be asked to apply for the proper permits (afterwards); worst-case scenario, you might be required to remove what was done and restore it to its original condition," he said.

Simpson adds that obtaining a permit is not only legally required, but also protects homeowners in the event of accidents.

"For example, with electrical: If something shorts out, what's the insurance company going to do about that? If you play within the rules, you won't have any problems."

There is a provincial building code, but Simpson says bylaws vary city by city.

"When you're building a house on one side of Boundary Road in Burnaby, for example, the rules and regulations are much different than those for the other side of Boundary Road in Vancouver."

The easiest way to find out what the regulations are in your city, he said, is to simply call city hall or ask a reputable, local, home renovator.

"The best way for consumers to not fall into traps is to learn as much as they can about home renovation, do their homework and deal with professionals."

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Home renovations — especially on bathrooms and kitchens — are a great way to perk up your investment, experts say.

Home updates add value

LEYLA EMORY
for Metro Canada

The economy may look grim, but your house doesn't have to.

Home renovations are a great way to perk up your life and your investment.

These days, financing a fixer-upper doesn't have to break the bank. With the new Home Renovation Tax Credit (HRTC) already cutting costs, banks are also out to help. "The best advice would be to sit down with a mortgage specialist and make an informed decision based on facts," says John Turner, director of mortgage sales at the Bank of Montreal.

"Kitchens, bathroms and basements are three places in the house that make the most impact in the resale of a house."
Mag Ruffman of toolgirl.com

BMO's combination of a mortgage and line of credit is one the more popular options lately, says Turner. "The Homeowner ReadiLine lets you keep your mortgage portion under a mortgage and also have a line of credit portion to use for renovations. It's all under one borrowing limit ... As you pay down your mortgage, you increase your borrowing reserve. The interest rates are great and you only pay interest on what you use."

But use it wisely. "You've got to look at the return on the investment," says Mag Ruffman, Road to Avonlea's Olivia Dale turned toolgirl of toolgirl.com. "Kitchens, bathrooms and basements are three places in the house that make the most impact in the resale of a house."

Saving money while adding value comes down to education and materials, according to Ruffman. "Learn how to do things yourself." For the civic-minded, Ruffman recommends volunteering for Habitat for Humanity. "It's an amazing experience and you get to understand what goes in to the systems of a house."

Next to know-how is "know-where."

"When it comes to materials, you can save a lot of money by going to used building supply places," says Ruffman. "Habitat for Humanity runs one called ReStores. They're outstanding for value. All big cities have at least one."

But major retailers are also out to add value. The Home Depot's Top Up program ran last month allowing customers to receive 10 per cent back in gift cards on HRTC-eligible products between $1,000 and $10,000.

They plan to run similar promotions focusing on key seasonal categories throughout the year.

"It's a great incentive to get people into the stores and working on renovations," says Frank Turco, colour, trend and design manager at The Home Depot. "Obviously, it benefits us from a revenue standpoint, but in turn [it] benefits the consumers who can actually start to do some work even though we're faced with recessionary times."

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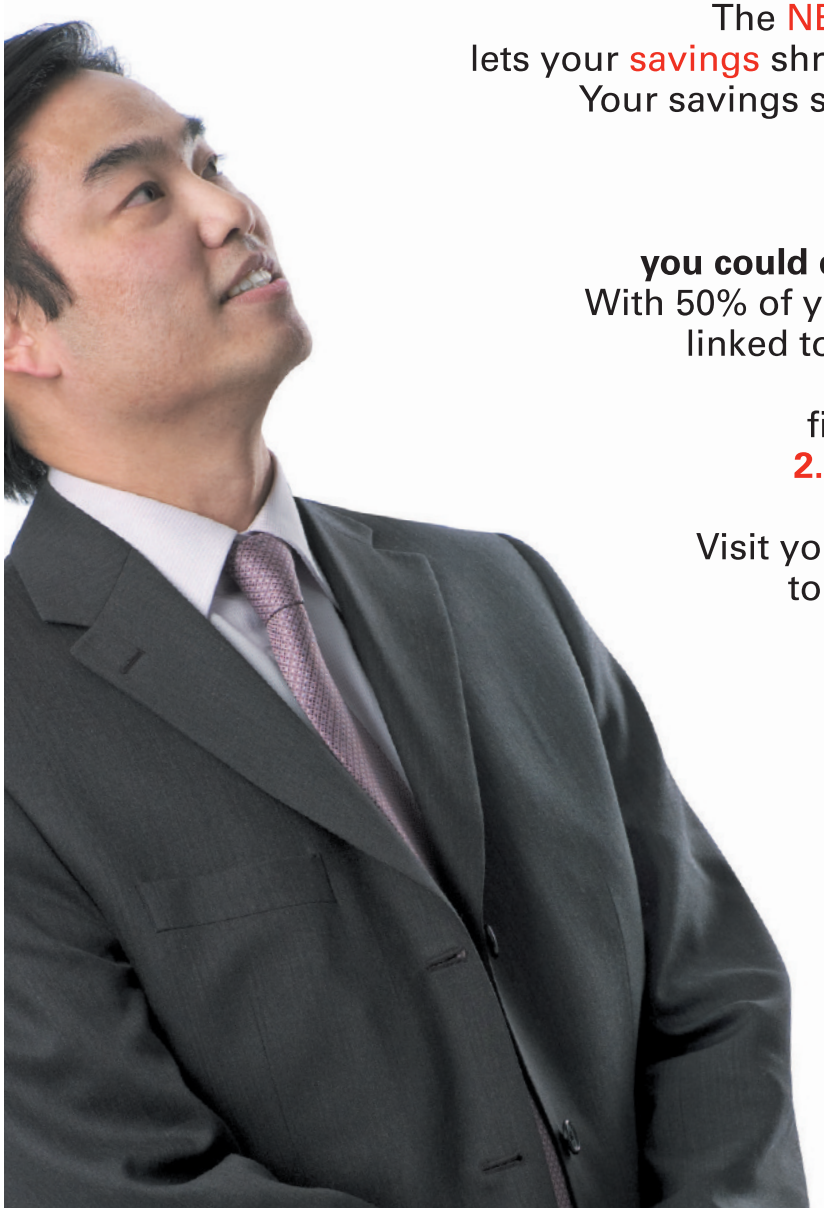

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You just can't beat the price

Harvey's is hosting Hamburger Day to kick off the celebration of their 50th Birthday. On Sunday, from 10:30 a.m. to 3:00 p.m., Canadians are invited to visit participating Harvey's locations to get an Original Hamburger topped just the way they like it ... for free. Visit harveys.ca for locations. METRO NEWS SERVICES

Food

Celebrity chef Ricardo Larrivée is going to be a feature presenter in this weekend's EAT Vancouver festival. For details and times, visit eat-vancouver.com. METRO NEWS SERVICES

TV host

Ricardo Larrivée, who has been called "Quebec's answer to Jamie Oliver," is a popular Food Network Canada host and author.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

All hail the UN's super crop

À la carte

Barb Holland

metronews.ca/alacarte

Quinoa may seem like a new grain, but in fact it was a staple of the ancient Incas. Pronounced keen-wah, it is so high in protein — 13 per cent — that the United Nations classified it as a super crop. It has more protein than any other grain and all eight essential amino acids. It is also higher in unsaturated fats, lower in carbohydrates than most grains and high in fibre.

Aside from its fab health properties, it is easy and quick to cook and has a light, fluffy texture with a mild, slightly nutty flavour. What's not to like? It makes a nice change from couscous or rice, and one cup makes a generous four cups.

BARB HOLLAND/FOR METRO CANADA

The protein in quinoa along with the cheese and nuts, if using, makes this an ideal vegetarian dish.

Quinoa and Vegetable Salad

Makes tasty leftovers for tomorrow's lunch as well. Makes four to six servings.

INGREDIENTS:

- 1 cup (250 ml) quinoa, well rinsed (as per package)
- 2 cups (500 ml) water or broth
- Pinch salt
- 1/4 cup (60 ml) olive oil
- 2 tbsp (30 ml) fresh lemon juice
- 1 clove garlic, minced
- 1/2 tsp (2 ml) each: dried oregano leaves and salt
- 1/4 tsp (1 ml) pepper
- 1/2 lb (250 g) cooked asparagus* (grilled or steamed), cut into 1 inch (2.5 cm) pieces
- 1 red or yellow pepper, diced
- 3 to 4 green onions, sliced
- 1 cup (250 ml) halved cherry tomatoes
- 1/2 cup (125 ml) crumbed feta cheese
- 1/3 cup (75 ml) toasted walnuts or pecan halves, optional

METHOD:

Place quinoa in a medium saucepan with water and salt or broth; bring to boil. Reduce heat, cover and simmer 15 minutes or until tender. If necessary, drain off any liquid. Transfer to large bowl and fluff with a fork.

Meanwhile whisk oil, lemon juice, garlic, oregano, salt and pepper together. Prepare vegetables.

Add vegetables to quinoa, pour dressing over all and toss well. Sprinkle with feta cheese and nuts just before serving.

* Use a seasonal vegetable when asparagus is not in season, green or yellow wax beans, broccoli, etc., as they become available.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

Canadian Living magazine is on sale now!

Canadian Living recipe of the month

Grilled Mustard Sage Pork Tenderloin and Potato Salad

INGREDIENTS:

- 2 tbsp (25 ml) each Dijon mustard and grainy mustard
- 1 tbsp (15 ml) minced fresh sage (or 1/2 tsp/2 ml dried)
- 1 tbsp (15 ml) each extra-virgin olive oil and cider vinegar
- 1 tsp (5 ml) packed brown sugar
- 2 small cloves garlic, minced
- 1 lb (500 g) pork tenderloin
- 1/2 tsp (2 ml) each salt and pepper
- 1 lb (500 g) mini red potatoes, quartered
- 2 tbsp (25 ml) light mayonnaise
- 2 tbsp (25 ml) chopped gherkin pickles
- 2 green onions, chopped

METHOD:

In glass bowl, combine Dijon and grainy mustards, sage, oil, vinegar, sugar and garlic. Remove 1 tbsp (15 ml) and reserve for potato salad. Add pork to bowl, turning to coat. Cover and refrigerate for 10 minutes or for up to 8 hours.

Place pork on greased grill over medium heat; close lid and grill, turning once, until juices run clear when pork is pierced and just a hint of pink remains inside, about 20 minutes. Sprinkle with half each of the salt and pepper. Let stand for 5 minutes before slicing.

Meanwhile, in saucepan of boiling salted water, cover and cook potatoes until tender, about 10 minutes. Drain; let cool.

In bowl, combine mayonnaise, pickles, green onions, remaining salt and pepper, and reserved mustard mixture. Add potatoes; toss to coat. Serve with pork.

DAVID SCOTT

For more great recipes, visit metronews.ca.

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LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Don't cry for me, Argentina

Visiting a wine producing country for the first time is a lot like finally meeting a celebrity you're crazy about.

What you hope against hope is that they'll live up to your expectations in person. Well, after a week in Argentina last month I can officially tell you that the land of red wine (and whites too), red meat and amazing empanadas more than lives up to its liquid reputation.

The province of Mendoza is ground zero for great vino. There malbec is king and tasting a series of wines with Daniel Pi — chief winemaker for Trapiche — brought that fact home loud and clear. If you don't know the grape **Trapiche's 2007 Malbec ($8.85 - $11.99)** is the place to start. Not too spicy or juicy; its ripe core of bright black fruit is easy to drink and barbecue-friendly.

One of the most original wines I tried came from the minds at Masi. The Italian wine producer set up shop in Mendoza's Tupungato Valley to blend malbec with corvina (a grape originally from Italy's Veneto region). The resulting **Masi Tupungato 2007 Passo Doble ($13.95 - $17.99)** is a beef-loving, new wave South American with Old World roots.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Samples and sipping
EAT! Vancouver: The Everything Food & Cooking Festival, starts tomorrow at BC Place Stadium. Come taste dozens of samples from top restaurants, bottles from international wineries and breweries and much more. eat-vancouver.com. METRO NEWS SERVICES

Urban Foodie

●●●●● INSPIRED; ●●●● VERY GOOD; ●●● PALATABLE; ●● HO-HUM; ● NEVER AGAIN

Circa ups Granville Street's game

ANYA LEVYKH
anya.levykh@gmail.com

Circa Restaurant & Lounge
1050 Granville St.
Vancouver
604-683-3311
circarestolounge.com

Signature Drink:
Life & Lavender
Signature Dish:
Pulled Pork Poutine
Rating: ●●●●
Dinner & drinks for 2: $95

My first thought on walking into Circa was that I was in a church. A large, airy, über-chic church, designed by some of Vancouver's top interior artists. Nice. It's a space designed for lounging, carousing and people-watching, with a strong "all-things-B.C." focus for food and wine. In fact, I had difficulty locating anything other than B.C. bottles on the grape list and all proteins are apparently local as well. Very nice.

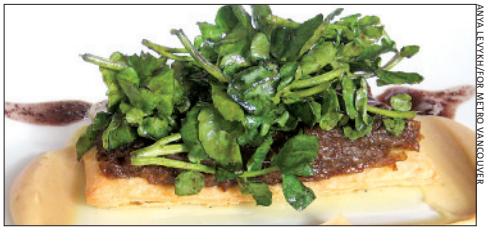
Pork croquettes ($8) were tasty numbers with the honey-mustard yogurt, but I could have stood for more than the four on the plate. House-made ricotta ravioli ($10) with roasted pine nuts and capers was a lovely balance of savoury-sour, and deconstructed duck and onion tart ($15) was perfect. Salmon gravlax ($11) was an interesting dish. Long strips of fish with lemon-tarragon aioli were topped with fresh asparagus and an "80 minute" egg yolk, and sided with a "shooter" of fresh asparagus soup.

Deconstruction seems to be a theme, as our dessert, a lemon tart ($8) was on the same lines. No complaints, though. A lemon curd ice cream had an almost custard-like consistency, and the basil syrup that graced the surrounding meringue hit all the right notes.

Very few kinks and lots of kudos. This one's a keeper.

On the web

- Read the full article online at metronews.ca/vancouver/columnist/40411.
- Chew more on Anya's blog at metronews.ca/vancouver/blog/136310.


ANYA LEVYKH/FOR METRO VANCOUVER

Dry-cured duck and caramelized onion tart with garlic puree.

Spain's Organic Offerings

At a recent tasting, I delved deeply (perhaps too deeply) into Spanish organics, particularly those of Bodegas Pinord, a Catalan holding whose white, +Natura, is a mouthful of syrupy freshness. The wine balances on just this side of dessert, and is a blend of the Macabeu and Xarel.lo varietals. Aromas of ripe and dried fruits, with a touch of buttery nut, sit well over the light fresh mouth feel. $18.95 at private wine stores.

Dining out

ONE BIG KITCHEN PARTY
The South Okanagan Winery Association (SOWA) is coming to Vancouver on May 26 for their second annual Kitchen Party at the Pacific Institute of Culinary Arts (1505 West 2 Ave). Enjoy new releases from 19 Osoyoos and Oliver wineries with nibbles from top restaurants. Tickets $75. Call 1-800-663-1900.

A TASTE OF LONDON
George Ultra Lounge (1137 Hamilton St) is now offering the U.K. version of Montréalers' favourite late-night snack — poutine. There's one twist: George's version is curried rock shrimp with fries, in a creamy curry sauce. Available nightly for $11. Call 604-628-5555 for more details.

In brief

FAMED bartender Jay Jones has left Voya to open The Pourhouse at 162 Water Street by summer's end. Executive chef will be Chris Irving, who formerly worked at Gordon Ramsey's Petrus.
MARK BRAND (formerly of Boneta), Josh Pape (formerly of Chambar) and Sophie Taverner (formerly of The Cascade) are opening up The Diamond at 6 Powell St. Coming soon...

ADVERTISING FEATURE

Urban Eats

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Located dockside in the Granville Island Hotel, the Dockside Restaurant offers great food and fantastic city, water, and mountain views.

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Urban Eats runs Friday's in Metro.

Next week we will be featuring a contest for your chance to win a $50 gift certificate to:

DOCKSIDE RESTAURANT in the Granville Island Hotel

Pink, Hart renew vows

In Touch previously reported that, since reuniting earlier this year, Pink and Carey Hart have been planning to renew their wedding vows. On Saturday, that's exactly what they did. INTOUCHWEEKLY.COM

Entertainment

Gossip dance

Gossip Girl hottie Chace Crawford will be kicking off his Sunday shoes in the remake of Footloose, stepping into the void left behind when Zac Efron dropped out, Paramount Pictures has confirmed. PEOPLE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●●○ EXCELLENT; ●●●○○ GOOD; ●●○○○ FAIR; ●○○○○ POOR

Eminem chronicles Relapse

Sunparlour Players, Steve Earle, Method Man and Redman also drop new discs

MusicReviews
music@metronews.ca

Eminem

Album: Relapse
Label: Interscope/Universal
Rating: ●●●½

AS SOON AS RELAPSE'S first official single hit the airwaves, it was clear that Eminem was trying a little too hard. We Made You, with it's carnival beat, frantic flow and aimless C-list targeting, was a desperate-sounding entry to his first album in five years. Fortunately, it's the worst song on Relapse, an album that finds Slim Shady pushing his wordplay and ultraviolent persona to the limit over fiery Dr. Dre production. While the work is obvious, Relapse is much more satisfying than his last album Encore, where he didn't try at all.

Jason Richards/for Metro Canada

Sunparlour Players

Album: Wave North
Label: Outside
Rating: ●●●●

THE SUNPARLOUR PLAYERS succeed where so many other folk revivalists fail, finding poetry in their own backyard. They plow the fields of southwestern Ontario and comb the north shores of Lake Erie for stories of universal texture. There is an honesty to these 13 songs that is irresistible. A gentle banjo strum gives way to the urgency of a marching drum. There's danger up ahead and Andrew Penner's beguiling voice serves up a warning cry. Playing dark but delicate rhythms on a multitude of instruments, bandmates Dennis Van Dine and Michael Rosenthal add a Stephen King sense of pace. The song Battle of '77 has all the hallmarks of a classic.

Graham Rockingham/for Metro Canada

Steve Earle

Album: Townes
Label: New West Records
Rating: ●●●½

STEVE EARL DOESN'T have to prove himself anymore. He can do whatever he pleases. So if he wants to release an album of Townes Van Zandt covers, he can go right ahead and do it. Townes is one of those great American songwriting tragedies. Whiskey, drugs and mania. Died before his genius got the recognition it deserved. Earle was about as close as anybody got to Townes. So who better to cover Townes than Earle? Some will say the song selection could have been better. Some will say Earle's voice fails to do the lyrics justice. It's true this album probably won't serve to make the songs of Townes any more popular. But that's not what this album is about. It's a labour of love, by a guy who can do whatever he pleases.

Graham Rockingham/for Metro Canada

Method Man and Redman

Album: Blackout! 2
Label: Def Jam
Rating: ●●●○

THIS ONE'S AIMED squarely at rap fans who reminisce about Primo and the RZA; about a time when two hyper-kinetic cartoon heads puffed blunts and traded raspy rhymes over bass-heavy party beats. Blackout! ingredients are here — guest raps by Erick Sermon and Keith Murray, clouds of cheeba smoke, goofy humour, point-counterpoint rhymes and soul samples. Sure, Mef and Red's references might be a bit stale (Amistad, Vince Vaughn) but their verses still snap, and they make concessions: UGK's Bun B, glitchy production, a vocoder. The best tracks (A-Yo; Four Minutes to Lockdown; Dangerous McCees) run on '90s charm. These are songs for late night car window roll-up sessions.

Rob McMahon/for Metro Canada

Lionel Richie

Album: Just Go
Label: Island/Universal
Rating: ●●½

LIONEL RICHIE MUST have noticed that "contemporary" R&B was starting to degenerate into the type of pop schlock he was topping the charts with in the early '80s. So what better time for the 60-year-old popster to try for a comeback. If Glen Campbell and Tom Jones can do it, why not him? Sorry, Lionel, but the world's not ready for you, yet. The youngsters only know you as Nicole's daddy. And the oldsters? They traded their dancing boots in for orthopedic shoes long ago. Lionel gets points for sheer tenacity. It's amazing how little his style has changed over the decades, even with Akon backing him up. But for the big comeback, he's going to have to wait until Nicole completes her slide into oblivion.

Graham Rockingham/for Metro Canada

White Rabbits

Album: It's Frightening
Label: TBD/MapleMusic
Rating: ●●●

WHITE RABBITS' DRIVING rock was what made the New York sextet the must-see band of 2007, so it's a bit of a surprise to see the group has toned things down on is sophomore record. While there's still some amped-up, Walkmen-like numbers — namely the disc opener Percussion Gun — there's also a number of softer grooves that bring Spoon to mind. Which makes sense, as Spoon's Brit Daniel produced the disc. The more relaxed tunes, such as The Salesman, are actually the highlights here, proving that the band has more than fuzzy guitars and piano pop in its arsenal.

Bryan Borzykowski/for Metro Canada

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Tori Amos

Amos to mix new and old tunes on tour

MUSIC Her new album, Abnormally Attracted to Sin, showcases 17 new songs, but Tori Amos promises she'll play plenty of familiar fare during her Sinful Attraction Tour, which begins July 10 in Seattle.

"I think a live shows has to be inclusive of your whole catalog — that's how I look at them," Amos told Billboard.com. "The new record always sets a tone, but the catalog will be there. By utilizing the whole catalog I think you're able to tell a different story every night.

"I just feel if you come to one of my shows, there are a lot of songs, and I think that each night can be different when you have a big catalogue. Why not give different songs an opportunity to come out and play?"

Amos said variety will be paramount when she begins rehearsals in a couple of weeks. REUTERS

Simmons named goodwill envoy

Simmons

PEOPLE Hip-hop pioneer and entrepreneur Russell Simmons pledged yesterday to raise awareness about slavery around the world after being appointed a United Nations Goodwill Ambassador.

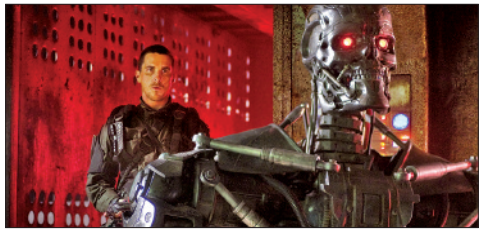
Simmons, who joins celebrity ambassadors David Beckham, Roger Federer and Angelina Jolie, was appointed as ambassador to honour past and present victims of slavery.

"Providing awareness is a key factor, there's ongoing suffering and new modern day slavery," Simmons told reporters at UN headquarters. REUTERS

Ono holding haiku contest

John Lennon's widow Yoko Ono is sharing her Japanese heritage with the people of London. She will be judging a contest for which Londoners have been challenged to write a haiku about the British summer, and post it on their Twitter accounts by Friday. FEMALEFIRST.CO.UK

Closer to damnation



Christian Bale stars in Terminator Salvation.

Terminator Salvation
Director: McG
Stars: Christian Bale, Anton Yelchin
Classification: 14A
Rating:

On the web

- For a Terminator Salvation trailer, photos and screen times, or to buy tickets, visit metronews.ca/movies.

CHRIS ALEXANDER
for Metro Canada

For all its impressively spine-shaking stereo sound and grim, digitally goosed fury, Terminator Salvation is just another hollow and harmless serving of mealy Hollywood pabulum, gleefully homogenizing the ideas forged in James Cameron's iconic 1984 original and making even the tepid Terminator 3 look like something penned by Isaac Asimov in comparison.

In this unwanted and perfunctory prequel/sequel slog, the robot apocalypse's chief adversary, resistance leader John Connor (Christian Bale), is trying to find his would-be teenage father Kyle Reese (Anton Yelchin) before the evil cybernetic empire called Skynet erases him, thus eliminating Connor's existence.

Confused? Not as confused as supposedly executed death-row prisoner Marcus Wright (Sam Worthington, who's very good in an underwritten role), who literally wakes up after a nuclear blast and spends much of the movie's running time stumbling about the desert evading android annihilation.

Director McG brings much of the rock video-informed razzle dazzle he slathered on the Charlie's Angels movies, and there are a few borderline brilliant action set pieces, including a giant robot human harvester sequence straight out of War of the Worlds and a crowd-pleasing bit where former Terminator poster boy Arnold Schwarzenegger makes a CGI-tweaked appearance.

But Bale is wasted in the film, the script is formless, joyless garble, the violence is tame and the undercooked themes of man versus machine were perfected in the otherwise imperfect Matrix movies.

Terminator Salvation screen times

Thursday screenings for Terminator Salvation:

- **DUNBAR THEATRE:** 7-9:45
- **OAKRIDGE:** 7-9:45
- **SCOTIABANK THEATRE VANCOUVER:** 12:15-12:45-3:15-3:45-6:45-7:15-9:45-10:15
- **ESPLANADE:** 6:30-7:15-9:20-10
- **RICHMOND CENTRE:** 6: 4:20-7:25
- **SILVERCITY RIVERPORT:** 11:30-12-12:30-2:30-3-3:30-6:45-7:15-7:45-9:45-10:15-10:40
- **SILVERCITY METROPOLIS:** 12:10-12:55-3:20-4-6:50-7:25-10-10:20
- **SILVERCITY COQUITLAM:** 11:30-12-1-2:35-3-4-5:25-7-7:40-8:15-10-10:30-10:55
- **STRAWBERRY HILL GRANDE:** 12:05-12:55-3:20-3:50-6:55-7:30-10-10:25
- **STUDIO 12 GUILDFORD:** 1-1:30-4-4:30-7-7:30-9:45-10:30
- **CRITERION 4 WHITE ROCK:** 7:30-9:45
- **COLOSSUS LANGLEY:** 3:30-3:50-4:20-6:45-7:15-7:45-9:50-10:10-10:40
- **TWILIGHT DRIVE-IN:** 9:15

Times are subject to change. Complete listings at metronews.ca/movies.

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Allen takes American Idol crown

TV Arkansas college student Kris Allen won the eighth season of American Idol last night, dealing an unexpected defeat to musical theatre actor Adam Lambert on the most popular U.S. television show.

Kris Allen

Allen, who won over audiences by putting his personal, acoustic spin on popular tunes, seemed shocked after the announcement. "It feels good, but Adam deserves this," Allen said. "I don't even know what to feel right now. This is crazy." REUTERS

Kenya's Style
Kenya Hunt
Read the blog at metronews.ca/kenyasstyle
For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 5/21/09	251	308	3 CBC	22 Minutes	Laughs	Doc Zone (CC)		Doc Zone (CC)		CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News (N)	The Insider	Name Is Earl	Soup Presents	The E! True Hollywood Story		Terminator: THS		News (N)
	254	-	8 M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9 CTV	etalk (CC)	Hollywood	So You Think You Can Dance Dancers audition. (CC)				Southland "Derailed" (CC)		News (N)
	-	-	10 OMNI	The Daily	Frasier (CC)	Smallville "Bride" (CC)		Supernatural "Lazarus Rising"		Scrubs (CC)	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	NCIS "Heartland" (CC)		The Office	The Office	Harper's Island "Sploosh" (N)		News (N)
	256	389	12 VI	The Road to Avonlea		Old Christine	Old Christine	Grey's Anatomy (CC)		Flashpoint "Backways Day"		News (N)
	253	359	13 CITY	Law & Order: SVU		Ugly Betty "Curveball; The Fall Issue" (Season Finale) (N)				Privileged (CC)		The List
	-	-	14 CW	Deal-No Deal	Deal-No Deal	Smallville "Bride" (CC)		Supernatural "Lazarus Rising"		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Heartland" (CC)		CSI: Crime Scene Invstgtn.		(:01) Flashpoint (CC)		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	Name Is Earl	30 Rock	The Office	(:31) 30 Rock	Southland "Derailed" (CC)		News (N)
	602	568	19 W	Will & Grace	Friends (CC)	Divine Design	House	Confidential	House	Divine Design	Love It-List It	House
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	Ugly Betty "Curveball; The Fall Issue" (Season Finale) (N)				Grey's Anatomy (CC)		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	Girl Happy ★★ (1965) Elvis Presley, Shelley Fabares.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Steves Europe	Field Guide	Lost in Austen (CC)		Live From Lincoln Center "New York City Ballet's Romeo and Juliet" (N)				
	290	382	23 FOX	Two/Half Men	Two/Half Men	So You Think You Can Dance Dancers audition. (CC)				News (N) (CC)		Family Guy
	-	364	26 PBS	MI-5 "Spiders" (CC)		Red Green	Summer Wine	Tavis Smiley	Charlie Rose (N) (CC)		This Old Hse.	Yankee Shop
	296	654	24 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	Paid Program	Family Court	Paid Program
	298	653	66 TLA	Two/Half Men	Two/Half Men	Smallville "Bride" (CC)		Supernatural "Lazarus Rising"		KTLA Prime News (CC)		Friends (CC)
	295	651	33 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Friends (CC)	My Wife-Kids
	297	652	57 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Frasier (CC)	Frasier (CC)	Odd Couple
	199	311	68 STR	News (N)	News		Late Show-Letterman		Janice Dickinson Modeling		Late Late Show	
news	502	390	28 NW	CBC News: The National (N)		CBC News: The National		CBC News: The National		The Nature of Things (CC)		National
	500	500	38 CNN	Anderson Cooper 360 (CC)		Anderson Cooper 360 (N)		Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Sportsnet	MLB Baseball Los Angeles Angels of Anaheim at Seattle Mariners.					Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	NBA Basketball: Western Conf. Final			SportsCentre (Live) (CC)		Poker	E:60 (CC)		SportsCentre
	411	457	29 OLN	Bounty Hunter	Bounty Hunter	Departures "Cook Islands"		Mantracker "Bruce & Sabrina"		Bounty Hunter	Bounty Hunter	Departures
	410	403	24 SCR	Score Tonight		Hardcore Hockey Talk		Final Score	Final Score	Final Score	Final Score	Final Score
	417	406	65 SC	Wrecked (N)	Wrecked	Pimp My Ride	Pass Time	NASCAR Classics (N)				
	416	409	144 GLF	(6:00) Fútbol		Gol TV News	Foot Brazil	Soccer Cam	Footballers	Gol TV News	Gol TV News	Gol TV News
family	552	543	25 YTV	Prank Patrol	Prank Patrol	Malcolm-Mid.	Futurama	In Real Life "Police Action"		Falcon Beach (CC)		Mystery Hnt.
	555	545	60 TEL	Totally Spies	Total Drama	6TEEN	6TEEN (CC)	Futurama	Sky Captain and the World of Tomorrow ★★★ (2004) (CC)			
	557	541	61 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	65 TRE	Comfy Couch	Zigby	Max & Ruby	Babar (CC)	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Recreat. Eden	Big Ideas	Ghosts of the Black Sea (N)		Art	Heaven-Earth	Tina in Mexico (N) (CC)		On Screen
	575	583	20 CMT	Hope & Faith	Hope & Faith	Gone Country		Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	42 MM	Hooking Up	Green Day	One Tree Hill "I Shall Believe"		Daddy's Girls	Punk'd (CC)	Technical Diff.	Technical Diff.	Spotlight
	600	564	43 H&G	House	House	Holmes in New Orleans (CC)		Disaster DIY	Big Amazing	Holmes in New Orleans (CC)		House
	615	520	51 A&E	Crime 360 "Ashes to Ashes"		The First 48 "Last Birthday"		The First 48 (CC)		The First 48 (CC)		Crime 360
	628	584	52 SPKE	(6:00) TNA Wrestling (N)		UFC 98 Countdown: Evans		MANswers	GameTrailers	MANswers	Beavis-Butt.	UFC 98 Count
	521	560	54 TLC	Street Customs (N) (CC)		American Chopper (CC)		Street Customs (CC)		American Chopper (CC)		Overhaulin'
	616	522	69 SHO	The Outer Limits (CC)		Love-Death	Love-Death	Trailer Park	Trailer Park	American Pie 2 ★★ (2001) Jason Biggs. (CC)		
	620	523	70 BVO	(6:00) Treed Murray ★★ (CC)		Law & Order "Obsession"		Without a Trace (CC)		Rich in Love ★★ (1992) Albert Finney. (CC)		
	601	562	71 SLC	X-Weighted "Jamila" (CC)		ET Canada	Til Debt-Part	Real Housewives OC		Trading Spouses		Paradise Hotel
	520	505	72 DIS	MythBusters		Daily Planet (CC)		Hunt for the Mad Trapper		Sasquatch: Legend		MythBusters
	522	506	74 HIS	NCIS "Lost & Found" (CC)		Ancient Discoveries (CC)		Go Deep "Earthrace" (CC)		NCIS "Lost & Found" (CC)		Marine Mach.
	627	528	75 SPC	(6:00) The Scorpion King ★★		Stargate SG-1 "Forsaken"		Star Trek: Next Gener.		Star Trek: Voyager (CC)		Star Trek: Ent.
	294	650	97 TBS	Head of State ★★ (2003) Chris Rock, Bernie Mac. (CC)				Sex and-City	Sex and-City	(:10) The Out-of-Towners ★★ (1999) (CC)		
	619	525	98 TROP	Vanity	Inside Hollywood		Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
	603	561	99 FN	Ace of Cakes	Ace of Cakes	Chef Abroad	David Rocco	Unwrapped	Unwrapped	Jamie's School Dinners (CC)		Ace of Cakes
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	VIP	Extreme Wind	Daily Show
	320	621	30 CEN	(5:55) All Hat	Tracey Ullman	American Teen ★★★ (2008) Premiere. (CC)				(:45) The King of Kong: A Fistful of Quarters		The Veteran
	581	566	101 MTV	True Life (CC)		MTV Live	After	The Hills	The Hills	True Life (CC)		MTV Live
	261	394	102 V	Bonnie and Clyde		Poltergeist: The Legacy		Bonnie and Clyde: The True Story ★★ (1992, Drama) (CC)				Paid Program
	-	-	105 MUL	Eight Heroes	Mom's-Upset	Vancouver	Bahadur-Zafar	Dheeyan Ghar	Sadabahar	Rang Barangi	Desi Rhythms	Patrol World

critics' corner

Southland

Officers Cooper, Sherman, Brown and Dewey (Michael Cudlitz, Ben McKenzie, Arija Bareikis, C. Thomas Howell) find a dead gang member in the trunk of a car outside Dodger Stadium. Detective Bryant (Shawn Hatosy) asks Lydia (Regina King) to take in Janilla (guest star Carla Jeffrey). The rift between Detective Salinger (Michael McGrady) and his daughter grows in the season finale, "Derailed." 10 PM on CTV

So You Think You Can Dance

Contestants — some of them with no formal training — go through a grueling series of challenges as they compete against each other for the title of America's favorite dancer, as the hit competitive reality series returns for its fifth season with host Cat Deeley and judges Nigel Lythgoe and Mary Murphy. At stake: a $250,000 cash prize and national exposure that could lead to professional job offers. 8 PM on CTV

Former bodyguard suing Britney

Britney Spears' former bodyguard filed a lawsuit against the pop star. According to court documents, Kerry Vine claims he sustained physical injuries while working at her former home at the Summit in Beverly Hills in March 2008. USMAGAZINE.COM

Celebrity Buzz

My good looks hold me back, Jessica says

PROBLEMS WE'D LIKE TO HAVE Jessica Biel blames her good looks for holding her back as an actress. "It really is a problem. I have to be blunt," she tells Allure magazine.

She says some casting directors don't bring her in because she is so pretty. "If you don't like the audition, then don't hire me. But if you don't even want to see me — that's hurtful," she says.

"Yes, The Illusionist has made a difference — but a huge, massive difference, so I can pick and choose what I want? No."

METRO WORLD NEWS

T.I.'s time in jail may be cut short

TIME SERVED Rapper T.I. is set to turn himself over to authorities in Arkansas next week, but he may end up serving only a fraction of his scheduled year-and-a-day jail term.

T.I. will most likely only spend two months behind bars since he will be given credit for having already served 305 days on house arrest and community service. The rapper was convicted last year on federal weapons charges.

METRO WORLD NEWS

Ex-nanny dishes on Kate's mean streak

DON'T ASK FOR A REFERENCE The new issue of Us Weekly reports that Jon & Kate mom Kate Gosselin — known for being short with her husband, Jon Gosselin — is even more combative with her family and employees.

Baby nurse Angela Krall, who watched the sextuplets as infants for more than a year, tells Us that the short-fused Kate fired 40 nurses and nurse's aides in the three months before she was hired.

A 2005 news story reported that a pre-TV Gosselin had petitioned the state to extend payments for Krall, whose fees were first paid by Medicaid (Jon was unemployed; Medicaid provides limited assistance to premature babies).

While Gosselin praised Krall in the same story, Krall reveals that the mother posted "demeaning" signs in every room detailing rules, and fired one woman on the spot for washing her hands in the kitchen instead of the bathroom. "Kate flipped," says Krall. "She thought it was cross-contamination."

That level of perfectionism also created friction with her father, Kenton Kreider, a pastor, after he gave her cribs donated by his parishioners, the magazine adds. "They didn't match and Kate rejected them," says a family source. "Things like that caused a rift." Krall, who says all six babies ended up with matching cribs, tells Us that Gosselin "thought they were owed stuff. The money factor was huge."

METRO WORLD NEWS

Mom defends Mel's girlfriend

MOM'S DUTY Lyudmila Chernukha, a retired Russian music teacher whose daughter Oksana Grigorieva is dating Mel Gibson, denies Grigorieva broke up the actor's marriage, but remains mum on rumours the pair are expecting a child, people.com reports.

"I can't say anything," Chernukha, speaking in Russian, told People exclusively from her home outside of Moscow. "Wait for the official statement from them."

Chernukha said Grigorieva — a singer signed to Gibson's record label — started seeing him well after the actor and his wife separated, which the mother says happened in 2006.

"He split up with his wife three years ago, so to suggest that she has broken up their marriage is rubbish," she says. "He was no longer with his wife so he was bound to meet some woman at some point, it just happened to be Oksana."

METRO NEWS SERVICES

Amy back to her old ways?

NO CHANGE Amy Winehouse was rushed to hospital after partying with friends, femalefirst.co.uk reports.

The troubled singer — who is currently staying in St. Lucia while she writes her third album — was reportedly taken to a medical facility by ambulance and received emergency medical treatment after a wild night of drinking on Friday.

Winehouse was discharged later that evening, but friends of the star believe her deteriorating health may jeopardize her scheduled U.K. show at London's Shepherd's Bush Empire at the end of the month.

A source told Britain's The Sun newspaper: "Amy's concert might as well be cancelled now. She's not going to make it. It's not worth her while even if she does make it, it will be a shambles. She is not ready for it."

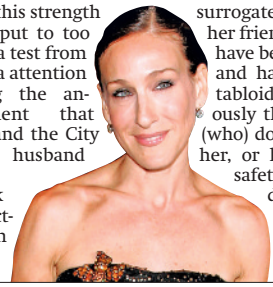
GETTY IMAGES

METRO NEWS SERVICES

SJP slams surrogate gossip

MOTHERHOOD Sarah Jessica Parker says the surrogate mom carrying the actress' twins is a strong woman who made "an incredibly generous and gracious choice," people.com reports.

But Parker now worries that this strength is being put to too much of a test from the media attention following the announcement that the Sex and the City star and husband Matthew Broderick are expecting twin girls.



"On a daily basis, on an hourly basis, I am greatly concerned for her health and safety and the safe delivery of our children," Parker, 44, told Access Hollywood in an interview airing Tuesday.

Parker alleges that the surrogate, along with her friends and family, have been threatened and harassed by the tabloid media. "Obviously there are those (who) don't care about her, or her health, or safety, or my children's health and safety."

METRO NEWS SERVICES

Justin and Drew house hunting?

MOVING IN On-again, off-again couple Drew Barrymore and Justin Long appear to be back on — so much so that they're reportedly moving in together. The pair was spotted checking out real estate together recently.

"Drew wants to live with Justin in a sort of trial marriage, so that's why she's looking for a new home," a source tells In Touch Weekly. "They are together, but they want everyone to think they're just friends now. They're so close, Drew even wears his clothes (outside) during the day."

METRO WORLD NEWS

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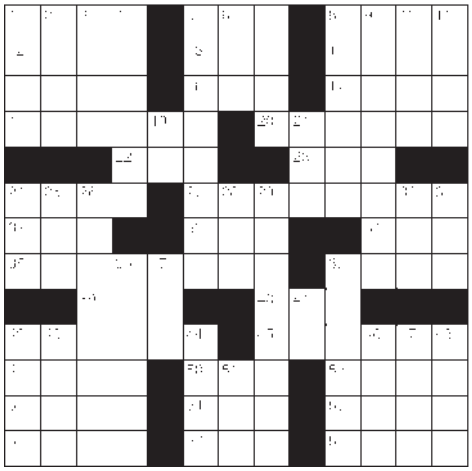


Crossword across

1 Hammerhead part
5 Pina colada ingredient
8 Mosque bigwig
12 Dalai —
13 401(k) alternative
14 Unaltered
15 Elliptical
16 Showbiz job
17 Mothers and daughters
18 Mexico's national flower
20 Big lizard
22 Young newt
23 Apiece
24 Bit of banter
27 Marching along
32 Khan title
33 Actress Vardalos
34 Central point
35 Unsteady
38 Lettuce variety
39 Exist
40 Shock partner
42 Manor
45 At hand
49 Grand story
50 "— Blue?"
52 Home for hippos
53 Unrivaled
54 Skedaddled
55 Part of the loop
56 Use a wooden spoon
57 Architect I.M.
58 Early birds?

Crossword down

1 Nitwit
2 Stromboli spillage
3 Asian nursemaid
4 Billfold
5 Tubular pasta
6 Swiss canton
7 Creche trio
8 Dispenser
9 Hindu royal
10 Congregational call
11 Small plateau
19 Kipling poem
21 Univ. transcript no.
24 Mandible
25 "I" trouble?
26 Gabriela of tennis fame
28 Diarist Anais
29 "24 Caprices for Solo Violin" composer
30 Fix the soundtrack
31 Recede
36 Tonic
37 Allow
38 Cap with a propeller
41 Lindbergh book
42 Morays
43 Location
44 O.K. Corral hero
46 Phone call?
47 Online journal
48 Longings
51 West of Hollywood

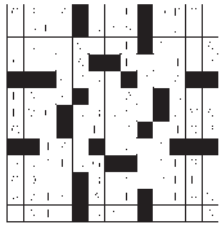
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	1			8		9	7	
	9			6	3		4	
	6	2	9			1		
2	4			1				
1	7		2		5		6	9
				4			1	3
		5			7	6	2	
	8		3	2			9	
	2	1		5			8	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



1	7	2	6	3	8	4	5	9
8	9	3	4	5	7	6	1	2
4	5	6	2	9	1	3	7	8
6	3	7	9	1	4	8	2	5
5	1	8	3	6	2	9	4	7
9	2	4	8	7	5	1	3	6
3	8	1	7	2	9	5	6	4
7	4	5	1	8	6	2	9	3
2	6	9	5	4	3	7	8	1

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SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Fish Steaks Teriyaki

INGREDIENTS:
4 fresh or frozen and thawed halibut steaks
1/4 cup (50 ml) water
1/4 cup (50 ml low-sodium soy sauce
1/4 cup (50 ml) dry sherry or low-sodium chicken broth
1 tbsp (15 ml) sugar
2 tsp (10 ml) dry mustard
1 tsp (5 ml) ground ginger
3 cloves garlic, minced

METHOD:
1. Rinse fish and pat dry. For marinade: In jar with tight-fitting lid, combine water, soy sauce, dry sherry, sugar, mustard, ginger and garlic. Cover; shake well. Pour marinade into large heavy-duty plastic bag. Add fish. Close bag. Refrigerate 2 to 3 hours, turning bag occasionally.
2. Preheat broiler. Drain fish, reserving marinade. Arrange fish on lightly greased rack of broiler pan. Brush fish with reserved marinade. Broil 5 in. (13 cm) from heat 5 minutes. Using wide spatula, carefully turn fish over. Brush with reserved marinade. Broil 5 to 7 minutes more or until fish flakes when tested with fork.

SERVES 4

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Horoscopes by Sally Brompton

sallybrompton.com

ARIES ♈
MARCH 21-APRIL 20
Today's Mercury-Uranus link will encourage you to be inventive but with Jupiter strong in your chart, you mustn't get carried away with your brilliance.

TAURUS ♉
APRIL 21-MAY 21
If you stay calm and look for ways to turn unexpected events to your advantage, you will do well today.

GEMINI ♊
MAY 22-JUNE 21
Today something will knock you out of your stride. But it will also open your mind to new possibilities which could lead to a more interesting path.

CANCER ♋
JUNE 22-JULY 22
If you say or do something that betrays your negative feelings towards certain individuals, they will take it as a declaration of war — so be nice.

LEO ♌
JULY 23-AUG 23
Avoid making value judgments about family and friends today; you're likely to be wrong, and you'll encourage others to make judgments about you.

VIRGO ♍
AUG 24-SEPT 22
Someone in a position of power will make you an interesting offer but unless you're sure it's right one for you, it might be best not to commit yourself.

LIBRA ♎
SEPT 23-OCT 23
Don't wait to be offered something that you can take for yourself. At this time of year you can be a bit more forceful in your dealings with others.

SCORPIO ♏
OCT 24-NOV 22
Everything will work out for the best, even if a friend suggests that someone has turned against you. Does it matter? No it does not, so quit worrying.

SAGITTARIUS ♐
NOV 23-DEC 21
You'll be in a rebellious mood in the next 24 hours. There's no reason you should follow rules, but there's also no reason others should play fair with you.

CAPRICORN ♑
DEC 22-JAN 20
You may be a bit apprehensive at the moment but the planets indicate that if you go with the flow and trust your instincts, nothing bad will happen today.

AQUARIUS ♒
JAN 21-FEB 18
The Sun in Gemini at this time of year makes you even more adventurous than you normally are. Your can-do attitude will take you far.

PISCES ♓
FEB 19-MARCH 20
What you hear by way of gossip will intrigue you today but with Mercury still moving retrograde, you'd be wise to take it with a large pinch of salt.

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Offer ends June 8, 2009. Available with compatible devices within Bell Mobility core/high speed mobile network coverage areas. Other monthly fees, e.g., 911 (75¢) and system access ($6.95; not government fees), and one-time device activation ($35) apply. $6.95 system access fee is available with new activations and to existing customers who agree to a new committed service period (excluding corporate accounts). Paper bill service charge ($2/mo) applies unless you register for e-bill and cancel your paper bill. Upon early termination, price adjustment charges apply. Subject to change without notice; not combinable with other offers. Taxes extra. Other conditions apply. **(1)** As of May 16th, 2009. Based on phones with physical QWERTY keyboards, excluding BlackBerry, Windows Mobile and Palm smartphones. **(2)** Based on total square kms of the 1xEV-DO network vs Rogers HSPA coverage as of May 5th, 2009. LG Rumour and Samsung Cleo run on 1x only. **(3)** Unlimited messaging includes sent and received text messages. Sent text messages include domestic text messages and exclude international, roaming, alerts, premium text messages and messages sent with an instant messaging application. Received text messages include domestic, international, roaming text messages and service related messages from Bell and exclude premium, alerts or dial-up messages. Text messaging features available in addition to a Bell Mobility post-paid plan. Additional messaging options include email & Mobile Browser packages. Subject to acceptable use restrictions in Terms of Service. See bell.ca/acceptableuse for details. **(4)** With new activation on a post-paid voice plan. Rumour and Reveal are trademarks of LG Electronics Inc. Samsung Cleo and Samsung Vice are trademarks of Samsung Electronics Co., Ltd., and its related entities. Double-flip is a trade-mark of Bell Canada. Hint is a trademark of Motorola. Facebook is a registered trademark of Facebook Inc. or its affiliates.